

Your Feelings Matter!

How do you really feel about getting your kids to eat?

Feeling happy or proud of how your child is growing feels great! Most families have questions about everyday challenges. What do you want to discuss with your WIC nutritionist?

How do you feel about...

1 mealtime?



2 what your child eats?



3 your child's activity?



4 your role as a parent?



5 your child's health?



6 your child's growth?



7 the amount and types of food
you have in the house?



8 What else would you like to
talk about?



Successes

Changes

Concerns